

# **NUTRITION AND PHYSICAL ACTIVITY TO PREVENT OBESITY PROGRAM**

Arizona Department of Health Services  
*Jr. High/High School Workgroup Summary*  
May 2004

## **Welcome by ADHS**

The purpose of this first workgroup meeting was to start vision and strategy development for the comprehensive state plan to reduce obesity and chronic disease through physical activity and nutrition interventions. The groups will meet once a month for 3 hours at ADHS through August (possibly September). A draft of the plan will be completed by September 2004 with community forums following for a completion of the plan by January 2005. We plan a kick-off of the plan in February.

All workgroups received background reading for this meeting as well as additional reading in their perspective areas for the next meeting. *If you did not attend the first meeting, you can get the materials at the meeting session.*

Each workgroup has a program staff liaison. The liaison will be the contact for each of their groups regarding questions or concerns and will be leading the group along with our facilitator. Liaisons for workgroups are listed below:

Emily Augustine, CHES - Physical Environmental, Worksite, Special Needs  
Lisa DeMarie, MA - Elementary School, Junior/Senior High School, Family  
Rena Cunnien, Ph.D. – Healthcare, Community

## **PROGRAM VISION:**

To be recognized as the leader in obesity prevention in Arizona, resulting in optimal health for our citizens.

## **PROGRAM MISSION:**

To improve the health and quality of life of Arizona residents by reducing the incidence and severity of chronic disease and obesity through physical activity and nutrition interventions.

## **PROGRAM GOALS:**

1. To promote and enable the citizens of Arizona to eat smart.
2. To promote and enable active lifestyles in Arizona residents.

## **GENERAL GOAL FOR THESE PLANNING WORKGROUPS:**

To assist with the writing of Arizona's comprehensive state plan, including developing strategies and action steps, to reduce chronic disease and obesity through physical activity and nutrition interventions.

There are eight workgroups including:

- Physical Environment
- Worksite
- Elementary school
- *Junior/Senior High school*
- Special Needs
- Family
- Healthcare
- Community

## **Ground Rules**

- Full Participation
- Speak clearly
- No blaming
- Respect for all ideas
- No defensiveness
- Cell phones (vibrate)
- Share the air time
- Think out of the box

## **Definition of Jr. High/High School workgroup:**

For the purpose of these workgroups, the Jr. High/High School group population encompasses student's age 11- 20, teachers, principals, PTAs, school sport programs, and school food service workers. This group has unique issues to consider, which include the following:

- Brain development is not that of an adult brain; independent – makes own choice with their own money, can buy food off campus and some teachers use food as incentives;
- They live in a media culture where appearance is very important, They believe plastic surgery can be used to fix body image (T.V. shows promoting this) – perception of easy fix.
- Peer pressure and influence is also very strong in this age group.
- P.E. tends to be more competitive in this age group.
- This age group is concerned about hygiene and privacy (open showers for P.E. a concern), bullying, teasing, and there could possibly be gang affiliation present. They experiment with manipulating their weight (which includes disordered eating) substance abuse, other psychological problems.
- They are very unaware and unconcerned about nutrition or long lasting effects of unhealthy lifestyle habits.

This workgroup will work on strategies and action steps for physical activity and nutrition that will positively effect this population and the issues related to this population.

## **Vision of the ideal for reducing/preventing obesity in the Jr. High/High School population:**

1. Culture Shift – Including the Change of Portion Size Culture: Quantity does not equal quality. Awareness regarding diet/exercise and calories. Schools would be saturated with healthy choices and healthy messages. Students would be educated on the use of media literacy to help kids make healthy decisions, media is a good “hook”. Media campaigns would be used to deliver health messages.
2. Families would have the evening meal together. Food provided at home would be healthy. The entire administration would support the importance of Family Meals.
3. Healthy food would be the food of choice at school.
4. Health Education classes would be a regular part of the required curriculum.
5. Physical Education: Quality, daily P.E. – Required in every year of school. Physical Activity would be fun, varied, and non-competitive.

6. After school clubs would provide non-competitive physical activity and health education activities.

### **Identified strategies**

1. Limit unhealthy food choices in school – vending fundraising etc. Partner with Industry to make it win/win. Partner with agencies – schools – local business that can fund good nutrition programs – give back a portion to the P.E. programs. *Get a Commitment to Healthy Choices*: class, parents, cafeteria, nutritionist, administration, kids
2. Launch a Media Campaign – have students develop artwork and jingle on 5-A-Day; have daily announcements written by students; have a nutrition month blitz; school newsletters; use student for video production (involve students in many aspects of the media messages that educate and promote 5-A-Day). Launch programs such as walk across the state – incorporate activities into school lessons.
3. Focus groups of students at various age levels; explore assets not deficits of the target group to assist with program; use CDC School Health Index and mandated by every school district and fund coordinator; more legislative/state funds for teacher/administrators to give them time to work on changing school culture; take small bites and celebrate each one
4. Educate children on making healthy choices: talking with kids about Nutritional value for menu choices at the cafeteria; part of regular curriculum have administrative support and families/parents for providing information and education about healthy eating
5. Daily, quality, non-competitive P.E. required.

### **Parking Lot**

- Would like a list of the name affiliation of who was here
- Want an agreement between state and tribes – for school policy at state level